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The opinions expressed here do not necessarily reflect the views of every panelist each month. The Health Sciences Institute acknowledges occasional differences of opinion among panelists and welcomes the exchange of differing points of view.

When the "superbug apocalypse" arrives, millions of people could die—but this miracle mineral can save you

by Michele Cagan

The danger is real... a return to the dark ages of medicine, the times before a simple course of pills could cure most infections, the times when entire cities could be crippled by a single bacteria.

That's right: Minor diseases we believed were conquered will once again kill.

Because antibiotics—the drugs we rely on to cure countless infections—are failing miserably.

The once life-saving wonder drugs now cause as many problems as they used to fix. And if things keep going the way they are, the consequences may be devastating, with millions doomed to die from strep throats or sinus infections that simply can't be cured.

To survive, you'll need this miracle mineral on your side.

Sometimes they work, sometimes they don't

With more than 100 antibiotics to be prescribed, you'd think we could conquer any infection out there. But the truth is, we can't, not anymore.

While there are so many *slightly* different drugs, there are really only seven kinds of antibiotics, each kind working on only certain specific infections. And only bacterial infections at that... because antibiotics don't, can't, and won't kill other infectious microbes, like viruses.

That's not to say antibiotics haven't been a remarkable Godsend. They have been. In fact, they changed the world.

How to kill bacteria

When Alexander Fleming discovered the first antibiotic in 1928, he probably had no idea of its impact. Because when penicillin first came into use in the 1940s, it dramatically transformed medicine.

Now we know a lot more about these miracle drugs and how they work. For example, some antibiotics work by actually killing bacteria (those are called bactericidal), and others (called bacteriostatic) stop the bacteria from dividing and replicating, so they can't grow out of control and take over.

And then there's the way different drugs work to attack the two main types of bacteria. Gram-positive bacteria (like the kind that cause strep throat) have thinner, easily penetrated cell walls. Gram-negative bacteria (like *E. coli*), on the other hand, have double-thick cell walls, much harder to get into.

Some antibiotics, like penicillin, work on one type only. Others, called broad spectrum antibiotics (Cipro, for example), can take on both types of bacteria... but still only specific strains.

Most antibiotics on the market today are broad spectrum, but that

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Our Mission

The *Health Sciences Institute* is dedicated to uncovering and researching the most urgent advances in modern underground medicine.

Whether they come from a laboratory in Malaysia, a clinic in South America, or a university in Germany, our goal is to bring the treatments that work directly to the people who need them. We alert our members to exciting breakthroughs in medicine, show them exactly where to go to learn more, and help them understand how they and their families can benefit from these powerful discoveries.

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Miracle mineral saves you from superbugs

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doesn't mean better. It doesn't even mean that they'll work.

Plus, these powerful drugs only come into play *after* you're already sick.

And no pharmaceutical antibiotic works without causing at least some side effects. In the worst cases, these "cures" can be as (or even more) deadly than the diseases they're supposed to be treating.

Killer cure

The most powerful antibiotics come with the worst side effects, sometimes causing irreparable damage. Sometimes, those side effects are so bad that the treatment has to stop.

And we're not just talking about the very common drug side effects that almost everyone suffers no matter which antibiotic they take, like yeast infections and diarrhea.

Fluoroquinolone antibiotics—which include blockbuster drugs such as Cipro, Avelox, and Levaquin—can have some very alarming side effects...

- Tendon ruptures
- Irregular heartbeat
- Kidney failure
- *C. diff* infection
- Phototoxicity
- Retinal detachment

And side effects are just one kind of complication that today's powerful antibiotics can cause.

Killer drugs create killer bugs

By overusing antibiotics, everything from washing with antibacterial soap to treating viral infections (for which these drugs could never work), we accidentally created resistant bacteria.

That means the bacteria learned how to sort of neutralize the drugs we use to stop them. When the bacteria change, making antibiotics either less effective or completely ineffective, they can pass that information on to their next generation.

The resistant bacteria survive, thrive,

and multiply, causing ever more harm to us.

When antibiotics become less effective, we struggle with longer-lasting infections, more time in hospitals, and the need for more, more expensive, and more toxic medications... all leading to more danger for people with illnesses that were once very easily treated.

The continuing rise of superbugs

Superbugs: They're real, and they are truly terrifying.

These bacteria aren't resistant to just one antibiotic, but many, making them nearly impossible to treat. Right now, the worst of the superbugs include

- MRSA (methicillin-resistant *Staphylococcus aureus*)
- *C. diff* (*Clostridium difficile*)
- MDR-TB (the bacteria responsible for multi-drug resistant tuberculosis)
- CPE (Carbapenemase-producing *Enterobacteriaceae*)

To get a handle on these superbugs, consider this: approximately 170,000 people die every year from MDR-TB. And some CPE bacteria seem to be untreatable by *any* existing pharmaceutical antibiotics.

And this may be just a hint of the beginning of a true superbug apocalypse.

WHO's afraid of superbugs

The World Health Organization (WHO) is terrified.

In their April 2014 report on the global threat of resistant bacteria, the group revealed alarming discoveries.

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The penicillin prediction

In 1945, Alexander Fleming, the man who discovered the first antibiotic (penicillin), predicted the rise of resistant bacteria... superbugs.

Combat “chemo brain,” cognitive decline, and stroke with one tiny pill

by Michele Cagan

Your brain feels like it's wrapped in fog, moving in slow motion.

You can't remember what you had for lunch yesterday. It's impossible to remember people's names, and difficult to concentrate. You often can't find the words you need. And simple tasks can take forever to finish.

That slow-down is frightening and frustrating, making everything you do harder.

And whether it's the result of chemotherapy, brain injury (like concussion or stroke), or aging, that decline can be reversed... with one tiny pill.

You're not crazy—“chemo brain” is real

No matter what anyone has told you, “chemo brain” is very real, and it affects millions of men and women, seriously disrupting their quality of life. Symptoms include memory loss, trouble multi-tasking, confusion, difficulty concentrating, and foggy thinking.

Despite crystal clear new evidence, doctors still shrug off cancer patients' complaints about “chemo brain”, dismissing it as an effect of fatigue, stress, and anxiety. They're wrong.

Commonly used chemotherapy drugs can kill off brain cells, even long after treatment is stopped.¹ The impact of chemo brain can last weeks, months, even a lifetime, and it can have a devastating impact on everyday life. And it's caused by more types of chemotherapies, and affects even more cancer patients than researchers expected.

- 82% of breast cancer patients suffer some degree of cognitive impairment²
- More than 80% of all cancer patients who endure chemotherapy report cognitive problems that last for months²

- Up to 20% of breast cancer survivors suffer with cognitive issues years after treatment has ended
- 40% of cancer patients taking high-dose chemotherapy before stem cell transplants continued to have substantial trouble with word recall, hand speed, and dexterity five years after treatment³
- Patients with non-Hodgkin lymphoma taking a combination of rituximab and bendamustine suffered more severe cognitive issue than patients receiving different treatment⁴

So if you have ever undergone chemotherapy, and felt like your brain just hasn't been right ever since, you're not alone.

Chemotherapy kills more brain cells than cancer cells

As it turns out, chemotherapy may be more toxic to brain cells than to cancer cells. One *in vitro* study² looked at three common chemo drugs (carmustine, cisplatin, and cytosine arabinoside) that treat many types of cancers. They learned that these drugs killed 40 to 80% of cancer cells... but

These cancer drugs can fry your brain

While I suspect it may be true of most (if not all) chemotherapies, these four have been directly connected to a major decline in new brain cell generation⁵...

- ✓ 5-fluorouracil (5-FU)—a 15.4% drop in new brain cells
- ✓ doxorubicin—a 22.4% drop
- ✓ cyclophosphamide—a 30.5% drop
- ✓ paclitaxel—a 36% drop

And when these drugs are combined with other chemotherapies, who knows how great the loss will be?

70 to 100% of brain cells, even at very low concentrations.

And now researchers know at least part of the reason that various chemotherapy drugs cause “chemo brain.”

One critical factor is their impact on brain cell regeneration, especially in the hippocampus, the part of the brain where memories form.

In fact, a *single* high dose of common chemotherapy cyclophosphamide (also known as Cytoxan) led to a 40.9% reduction of new brain cells.⁵ Research has also shown that chemotherapy can also demolish a special type of brain cell that produces myelin, the fatty insulation surrounding nerve cells that helps establish clear signals between the cells.

And two separate studies^{6,7} found that chemotherapy actually reduces the amount of grey matter (responsible for things like seeing, hearing, memory, decision making, and speech) in the brain. In both studies, researchers conducted brain imaging on chemotherapy patients and controls before treatment started, one month after treatment was done, and a year after treatment was done. Both studies found decreased grey matter in the patients on chemotherapy at that one-month mark. And while there was some recovery, there were still definite persistent losses a full year after treatment was finished.

There's nothing mainstream medicine can do to combat these tragic losses—but there is something you can do to reclaim your brain power.

“My brain cells are connecting again”

Sarah Spalding felt like she was living in a fog, inside a cloud.

That was one very unfortunate, long-lasting side effect of the aggressive triple chemotherapy treatment she endured to

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HSI Exclusive: Early arthritis trial results so stunning you have to know NOW

by Michele Cagan

Some days the pain is so severe even powerful drugs can't make it stop.

And for people with severe degenerative joint disease like osteoarthritis, those days come much too often. So where can you turn when even prescription pain pills are letting you down?

HSI members fight the pain... and win

Back in June 2014, HSI members suffering from debilitating osteoarthritis pain were invited to take part in a groundbreaking clinical trial—and many of their lives were forever changed.

Originally, this double blinded, controlled trial to test the effectiveness of Ostinol™ was set to last three months—and it did. But something amazing happened along the way.

Some HSI members had so much pain that they didn't want to risk being in a placebo group, or stopping the pain meds they were already on, so a second trial emerged. And the results are nothing short of astounding...

Researchers “blown away” by trial results

To test the effectiveness of Ostinol without taking away very necessary pain medications, the researchers started a second open-label (everyone knew exactly what they were taking) mini trial. And it turned out that Ostinol was even more effective than they'd expected.

The participants—all of whom suffered moderate to severe pain and stiffness in their joints—were split into two groups: some of who regularly took pain medication and some who did not. All of them were given 900 mg of Ostinol every day (in two divided doses) for two weeks, then the dose was lowered to 450 mg daily for the next six weeks.

And as quickly as three days into the mini trial, subjects began to report

significant pain relief, with reductions in both pain intensity and frequency. And the researchers were truly blown away by their stories.

Remember, many of these people were already taking pain medication, some for quite a long time, without feeling relief. But Ostinol got the job done in just days.

“It was a blessing! I didn’t need any other pain medication”

The pain of osteoarthritis can be crippling—and along with it, HSI member Tori Felding also suffered from another excruciating inflammatory disease called polymyalgia rheumatica. On her doctor's advice, she took prednisone, ibuprofen, cortisone shots, even hydrocodone—but she still felt pain. In fact, she hurt every time she moved, which forced her to give up many beloved activities.

And then she learned about the Ostinol trial. When Tori called, she didn't qualify for the main study, so she entered the open-label mini trial. And she felt better almost right away. (When the dose was lowered down to just one 450 mg pill per day, though, that didn't work as well for her—but it still worked better than all the pain medication she'd been on.)

“When I was taking two Ostinol a day, I didn't need any other pain medication. It was the biggest blessing,” she told me. “I felt literally no pain, and even the stiffness was gone.”

“I used to wake up with so much pain I couldn't walk, and everything is much easier after Ostinol.”

Quieting pain and inflammation naturally

One way Ostinol works to ease pain is by decreasing inflammatory markers, specifically interleukin 1 and

interleukin 6. When those compounds are under control, inflammation, pain, and stiffness subside, finally offering some relief for people struggling with chronic conditions.

But that's not all Ostinol can do.

This amazing natural supplement, officially known as Ostinol™ Bone and Cartilage Stimulating Proteins, contains the only proteins proven to “turn on” the stem cells that stimulate new bone and cartilage growth.

Those proteins work to jumpstart the healing process in your bones and joints. And it works no matter how long you've been suffering or how old you are.

So Ostinol seems to actually help repair damaged joints—not just take the pain away. And that can make an enormous difference.

Living life to the fullest, without pain

So many HSI members have felt the benefits of Ostinol.

People who could barely walk are now climbing stairs... even ladders.

Even better, they're enjoying true pain relief without suffering from any of the negative side effects that many pain medications—even “safe” over the counter drugs—can cause.

And after suffering for years with pain and stiffness, they're finally able to do the things they love: take rambling walks with their dogs, spend hours in the garden, and play with their grandchildren.

“I’m going fishing tomorrow!”

For the first time in thirteen years, HSI member Charlie Abbott can go salmon fishing—thanks to Ostinol.

“My back was sore all the time, sort of a combination of injuries and old age (I'm 72),” he told me.

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Combat "chemo brain"

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combat advanced inflammatory breast cancer. At first, the physical side effects were so overwhelming that she didn't even notice the "chemo brain," but as those symptoms subsided, she realized her brain was moving in slow motion.

"After treatment, when I got back to work, I noticed it more. I felt like my brain just couldn't keep up. I dealt with some memory loss, my thinking wasn't as quick. And I couldn't find the right words to say and write as fast as I could before."

Then Sarah found Vectomega, and the cloud started lifting.

"It gave my brain a boost right away," she told me. "I felt sharper and more alert, like my brain cells are finally connecting again."

Don't call me fish oil

When people talk about crucial omega-3 fatty acids, fish oil rules the conversation. But fish oil itself is not an omega-3—it's more like a taxicab that carries omega-3 passengers, particularly DHA (Docosahexaenoic acid) and EPA (eicosapentaenoic acid).

With Vectomega, you get the passengers, without having to take the whole cab. You get the benefits of fish oil—brain and heart healthy fatty acids—without the fish oil, and without its limitations.

And fish oil does come with some very real drawbacks (and I'm not just talking about fish burps). Creating fish oil takes a lot of processing, and that can include extreme heat and solvents. That process alters the structure of the omega-3 fatty acids, so they're no longer identical to the fatty acids your body uses naturally.

Don't get me wrong, they're still DHA and EPA, still essential fatty acids, they just get a little bent out of shape. And just like a bent key, you can still use them, but it's a tougher fit, and takes a little jiggling.

Vectomega, on the other hand, is so minimally processed that the DHA

and EPA fatty acids maintain their perfect shape. And like a perfect match key, these bio-identical omega-3s easily slide right into place, so they're easier for your body—especially your brain—to absorb and use.

Your brain is a DHA hog

Without DHA, you wouldn't have any brain cells. In fact, DHA is the main structural component of brain tissue.

More than any other fatty acid, your brain craves DHA, and it uses it up very fast.

DHA can help you recover from mild traumatic brain injuries, like concussions.

Early studies show that taking DHA before or after such a brain injury improves the outcome, helping preserve memory and other cognitive skills.

This crucial fat is essential for brain growth and development in babies, and adult brains cannot function properly without it.⁸ Too little, and you slide into cognitive decline—but replenish that DHA, and your brain will light up again.

EPA picks up the slack

DHA does a lot for your brain, but there are some things that EPA just does better.

Calming inflammation, for example, is one area in which EPA shines.

And while DHA rules brain power, EPA has more impact on behavior and mood,⁹ even helping ward off depression¹⁰

Together, these two omega-3 fatty acids can have an enormous impact on your brain health and brain power—and there are dozens of studies to prove it, especially when it comes to brains already suffering some kind of slow down.

Omega-3s protect your brain from strokes

When you suffer a stroke, the blood flowing to part of your brain stops. When that happens, your brain loses precious nutrients and oxygen—and that can cause serious damage.

Ensuring your brain gets plenty of DHA and EPA can make all the difference. Omega-3 fatty acids can help reduce the risk of suffering a stroke in the first place. But if you do suffer a stroke, these same omega-3s can help save your brain.

For one thing, people with low levels of DHA and EPA suffer more brain deterioration after a stroke.¹¹

One study suggests that supplementing with these omega-3 fatty acids helps repair the brain and improve the odds of brain function recovery after a stroke.¹²

And by helping reduce the risk of stroke, omega-3s help prevent cognitive decline, dementia and even Alzheimer's disease.¹³

Save your brain from cognitive decline

Losing your brainpower, losing yourself... it's one of the scariest things that can happen. Omega-3 fatty acids can help make sure it doesn't.

There's a rapidly growing body of scientific evidence that DHA and EPA can fend off cognitive decline and keep your brain sharp. Researchers report¹⁴ that omega-3s "may be a promising tool for preventing age-related brain deterioration."

A six-month study¹⁵ of older adults with mild cognitive impairment found that supplementing with EPA and DHA improved verbal fluency and symptoms of depression. The researchers concluded that these omega-3s could help prevent the progression to dementia. Another study¹⁶ found that DHA improved memory, verbal skills,

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- In some parts of the world, there are no longer *any* effective treatments for common infections
- Resistance to one class of antibiotics (carbapenem, used to treat hospital-acquired pneumonia, among other infections) has spread all over the world
- Many common bacteria (responsible for things like urinary tract infections, wound infections, and food poisoning) have developed high rates of resistance to antibiotics throughout the globe
- Bacteria are able to develop resistance to every antibiotic we have

If the worst case scenario plays out—which looks likely—the world will return to a time when people die every day from common infections now turned into superbugs.

Unless we turn to an ancient miracle mineral that can twist the odds in our favor.

1,000 times more effective

It's truly remarkable: Adding tiny amounts of silver to antibiotic treatment makes the drugs up to 1,000 times more effective.¹

And that's not the best part.

Silver allows antibiotics to kill off even some resistant bacteria, those deadly superbugs. It may even help prevent antibiotic resistance from developing in the first place. And the silver works against tougher Gram-negative bacteria, which are always harder to kill because they have an extra protective layer that blocks out antibiotics.

Silver helps the antibiotics by disrupting the cell walls of bacteria, letting the drugs get inside and do their job. On top of that, those extremely small amounts of silver also make it harder for bacteria to control their iron levels... a fatal flaw. Finally, the silver also increases production of bacteria-damaging molecules (including oxygen molecules) that help kill off the bugs.

So just the smallest bit of silver

transforms wholly ineffective antibiotics into resistant-bacteria killing machines. And it can do so much more to protect you from deadly infections.

A silver dollar in the milk jug

For more than 6,000 years², people have been using silver to combat infections. In ancient Greece, silver was used to disinfect water and treat wounds.³

And for the plucky American pioneers, silver was indeed a Godsend. As they trekked westward, the pioneers kept their water supply safe with silver. They put silver dollars in their milk jugs to keep it free from harmful bacteria (though they probably didn't realize that's why the milk was safer, just that it was). They even used the miracle mineral to prevent infections like influenza and dysentery that could halt their progress.

By the late 1800s, silver was regularly used as medicine. And by 1940, nearly 50 different silver drugs (they had official drug labeling) were patented, and they treated practically every type of infection. Then penicillin came along, and silver fell out of favor.

But it shouldn't have...

Total destruction in just six minutes

Silver is nature's most powerful preventive, something people have recognized for thousands of years.

Within fifteen seconds, silver begins its assault on bacteria.

In just six minutes, this mineral can wipe out most infectious bacteria, before they have a chance to make you sick. And unlike pharmaceutical antibi-

otics, silver is safe to take every day, so you really do have a chance to destroy stray germs before they infect you.

And unlike pharmaceutical antibiotics, silver won't make the change from helpful to harmful. That transition is why antibiotics can't be used daily to prevent disease—the longer you take them, the more damage they can do.

Plus, the broadest pharmaceutical we have kills 23 different bacteria.

Silver takes on around 650 different bacteria, it just works a little more slowly. And it also conquers viruses (by preventing their replication), yeasts, fungus, mold, and some parasites... something pharmaceutical antibiotics simply can't do.

It's no wonder the world is looking back to silver, or that researchers are moving into high gear to learn even more about the miracle mineral... despite the fact that it can't be re-patented now.

Taking on MRSA, malaria, and so much more

As of September (when this is being written), more than 100 studies on silver have been published this year alone. And that builds upon published scientific research that's been piling up since 1945.

And talk about a broad-spectrum healing agent. Among the more than 600 infectious microbes that silver (in varying forms) is scientifically known to kill^{4,5,6,7} are:

- Gram-positive bacteria
- Gram-negative bacteria
- viruses
- fungus
- yeasts
- MRSA
- SARS
- malaria
- influenza (including H1N1)
- E. coli
- salmonella

Superbugs are closer than you think

According to a 2013 CDC report, more than two million Americans get sick with antibiotic-resistant infections... and about 23,000 of those people die.

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Arthritis pain disappears in days

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"I tried taking over the counter anti-inflammatory drugs, but they were rough on my liver and gave me an upset stomach. Then I got selected for the Ostinol treatment, and it worked fantastically."

That was about three months ago, and Charlie is still taking Ostinol, without any side effects at all. "I take one of the 450 mg once every day, but I might go back to two a day."

His only complaint: "There's no reimbursement from the government... but there should be!"

Because he's seen a remarkable reduction in his pain level, and he's much more active since he's been taking Ostinol.

"I'm going fishing tomorrow, and I couldn't do it without Ostinol."

Ostinol™ defeats the pain and stiffness of osteoarthritis, and more

Ostinol can help you overcome even the most excruciating arthritis pain, so you can get back to living your life to the fullest.

Because everyone's situation is so unique, the best Ostinol dosage for you depends on your particular situation. Ostinol comes in three strengths—150 mg, 350 mg, and 450 mg. And it's safe to take up to 900 mg per day.

Here are some basic dosage guidelines:

- The 150 mg capsules are generally used by people with low to mild pain or stiffness, and for keeping healthy joints healthy. Under these

conditions, the manufacturer's suggested dose is 1–6 capsules daily.

- The 350 mg capsules work for people suffering moderate to severe pain or stiffness, and multiple painful joints. The suggested dose for this is 1–3 capsules per day.
- The 450 mg capsules (as used in the trial you just read about) work for people with severe pain or stiffness in multiple joints. The suggested dose is 1–2 capsules daily.

If you're not sure which strength and dosing is right for you, call the manufacturer. They offer free consultation with their in-house experts to help figure out the best regimen for you to try.

You can find ordering information for Ostinol™ in your Member Source Directory on page 8. **HSI**

Miracle mineral saves you from superbugs

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With all that killing power, silver should be in every medicine cabinet in the world.

But not just any silver...

This silver won't turn you blue

During the Revolutionary War, British soldiers made their own silver water, drank it, and turned blue (that's where the phrase "blue bloods" comes from).

And if you take old-style silver remedies, you could be risking that side effect, officially known as argyria, commonly called "blue man disease."

That's not the case with today's best silver, structured silver. It's different than any silver you've ever seen, and it's safer and more effective (up to 40% more) than older versions.

Structured silver contains a minute amount of pure nanoparticles of silver bonded in pure water. This alkaline solution (more on that in a second) holds its silver, so it moves through your body unmetabolized (it goes out the exact same way it came in, as opposed to food and medicine

which gets broken down and chemically changed as it passes through). That means it is just as powerful at the very end of your digestive tract and in your bloodstream as it was when you first took a spoonful, effectively killing microbes wherever it finds them.

Alkalinity is another big difference from silver products of the past, which are acidic (on the pH scale). Acidic formulas are harder on your body, especially with regular use. And germs

(and cancer cells) prefer an acidic, low pH environment—but they can't survive in alkaline, making it easier for the silver to finish them off.

And with structured silver, a few teaspoons of prevention can help you ward off practically any infection you come across.

Protect yourself with silver

Protect yourself from hundreds of illnesses with pH Balanced Silver Hydrosol, the most effective form of structured silver.

The manufacturer recommends taking two teaspoons, twice a day, for disease prevention. In acute situations, that dosage can be doubled. And for extreme ailments, it's safe to take one ounce of Silver Hydrosol every four hours.

For wounds, burns, and bedsores it's best to use a topical silver gel to prevent infection and promote healing.

You can find ordering information for pH Balanced Silver Hydrosol and Extra Strength Silver Gel in your Member Source Directory on page 8. **HSI**

Combat "chemo brain"

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and learning in patients with age-related cognitive decline.

And a double-blind placebo-controlled study¹⁷ of 174 patients with Alzheimer's disease found that supplementing with DHA and EPA significantly reduced continued cognitive decline in patients with very mild AD.

"People notice how much sharper I am"

Jeff Nottingham was having a tough time. His cholesterol came in at about 350, and the doctor wanted him to start Lipitor. But Jeff was wary of statin drugs, and decided to try something natural first. He tried flax oil—no luck. He tried fish oil, but had a terrible time with fish burps. So Jeff turned to Vectomega to balance out his cholesterol. And that's when he got a big surprise.

Almost immediately, he felt an amazing change in his clarity and memory. "Even after the first dose, I felt a difference," he told me. "There were some pretty amazing changes. I used to forget

a lot, and had problems with my long and short-term memory."

"Vectomega made a huge impact on my life. People really notice how much sharper I am. And at the last check, my cholesterol was down by about 100 points."

The Vectomega difference

Earlier we talked a little about how Vectomega is different than fish oil, bringing you DHA and EPA without the "taxicab," in a form that's easier for your brain to use.

In fact, an unpublished study conducted by the manufacturer found that Vectomega is 50 times more absorbable by your brain cells than other omega-3 products. And taking just two Vectomega tablets (600 mg) gives you the same amount of omega-3s as *sixteen* standard fish oil capsules (7200 mg).

And another 60-day in-house study of 40 healthy participants showed that Vectomega improved quality of life, including:

- long-term memory

- short-term memory
- mental vivacity
- concentration

In fact, 76% of the subjects saw improvement in short-term memory, and 77% had better concentration after just two months with Vectomega.

Supercharge your brain power and combat mental decline with Vectomega

Fighting cognitive decline has never been easier. Vectomega gives your brain exactly what it needs to overcome "chemo brain", stroke, and the impact of time.

The manufacturer recommends taking one or two Vectomega tablets daily.

You may have a momentary fishy sensation immediately when you take the capsule, but it really only lasts for a second—and you can eliminate it completely by taking your tablets with orange juice. After that, there is no fish taste or aftertaste, and no fish burps.

You can find ordering information for Vectomega in your Member Source Directory below. HSI

MEMBER SOURCE DIRECTORY

pH Balanced Silver Hydrosol, Flax Lignan Health, PH: (817) 710-6918; FlaxLignanHealth.com. pH Balanced Silver Hydrosol costs \$39.95 per bottle. Take advantage of this exclusive HSI offer: Order two bottles of pH Balanced Silver Hydrosol and receive a free bottle of Extra Strength Silver Gel. Simply enter code HSISpecial to get your bonus gift. (When ordering four bottles of Silver Hydrosol, you will receive two bonus bottles of Silver Gel, for example.)

Extra Strength Silver Gel, Flax Lignan Health, PH: (817) 710-6918; FlaxLignanHealth.com. Extra Strength Silver Gel costs US\$24.95 per bottle.

Vectomega, Terry Naturally Vitamins, Ph: (866)807-2731; www.TerryNaturallyVitamins.com. Vectomega costs US\$25.95 (plus shipping) for 30 tablets. HSI members will receive free shipping by using code HSINOV2014 through December 31, 2014. Free shipping is available only in the continental U.S.

Ostinol™, ZyCal Bioceuticals, Inc., PH: (888) 779-9225; www.zycalbio.com. costs US\$45 for one bottle of 150 mg capsules, US\$79 per bottle of 350 mg capsules cost, and US\$109 per bottle of 450 mg capsules. HSI members will receive exclusive savings on Ostinol™ purchases: Save 10% on 1 bottle, 15% on 2 bottles, or get one free bottle when purchasing 3 bottles Ostinol™ capsules along with a 50% discount on a new product, Ostinol™ 5X, the most powerful booster for immediate joint relief. Simply mention HSI when you order.

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